



**Eating in moderation**  
100-calorie snacks can be deceiving.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Potato Blitz is on!**  
Month-long fundraiser kicked off on Jan. 28.  
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MONDAY, FEBRUARY 7, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR - NO. 5

## Here's how to avoid a parking ticket

By GERALD UPTON

You're arriving at Doon campus in your car. At the last second you find that you've forgotten your parking pass. What do you do?

"Be proactive," said Shannon Carey, security representative at Conestoga College. "Come into the office. Tell us."

Parking tickets are issued by City of Kitchener bylaw enforcement officers, who come here on an almost daily basis. The current fine is \$25. If you do not notify security beforehand, they cannot cancel any tickets. Bylaw enforcement will not cancel them either.

"I think the best chance is to take it to court," said Carey.

A sign in the Doon campus security office says, "We will not cancel any City of Kitchener tickets."

"City of Kitchener bylaw enforcement issues 75-250 tickets per day," said Carey.

According to Pam Phillips, the supervisor of enforcement for the City of Kitchener, the parking permit "must be clearly displayed on the rearview mirror."

If you don't want to get ticketed for illegal parking, contact the Doon campus security office and tell them your prob-

lem, where your car is located and what your licence plate number is.

"If you purchased a parking pass but did not bring it that day, you can call the security office," said Carey. "We'll verify that you do have a valid permit and put you on our 'do not ticket' list. If you are on the list, security can cancel the ticket."

Even if you drove a car other than your own, if you purchased a parking permit, you can use the permit in the alternate vehicle. However, if you forgot to switch your permit, let security know. Otherwise you're almost certain to get a ticket.

The same applies to the Waterloo and Guelph campuses, except that you should notify the campus administration, not security.

If you are bringing a car to the campus on a one-time basis and don't have a parking permit, you can park in Lot 11 all day for \$8.

If you are here for less than an hour, there is metered parking in lots 6, 8 and 10. It is, however, \$4 per hour, so if you are likely to be more than an hour, Lot 11 should be considered.

Although some people might



PHOTO BY GERALD UPTON

Students head to class after filling a few of the remaining parking spots. Conestoga's lots are patrolled daily by City of Kitchener bylaw enforcement officers.

find it hard to believe, Conestoga security issues fewer permits than there are parking spots. This is to make sure all permitted cars have a spot.

"People come in to complain to us that there is no parking available, but Lot 14 has never been filled," said Chris McCartney, a security repre-

sentative at Doon. Anyone with a blue permit can park in Lot 14, behind the rec centre.

Before construction started, Doon campus had 3,755 parking spots for permitted vehicles. This has been reduced by the construction on the new wing, but not significantly.

Angela Bustamante objected to the fact that the bylaw

enforcement officers photograph the offending cars. She considered this an invasion of privacy.

Phillips, of bylaw enforcement, said, "The officers may take a picture of the vehicle to prove that the permit was not displayed." She also stated they may photograph a meter to show that it is working.

## HIT THE ICE WITH FREE PUBLIC SKATING



PHOTOS BY MARCUS MATTHEW

Whether you're looking for an idea for a first date or just want to get outside and enjoy the outdoors, Waterloo Public Square, left, and Kitchener City Hall offer free public skating. Waterloo Public Square is open daily from 10 a.m. to 10 p.m. until mid-March. The rink at City Hall is open to everyone from Sunday to Thursday, 9 a.m. to 10 p.m., and Friday and Saturday, 9 a.m. to 11 p.m.



## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could add or change anything  
in the college, what would it be?



"A 24-hour bar for the students if they are stressed with exams."

**Aaron McMann,**  
second-year  
computer engineering  
technology

"An indoor soccer field to play soccer all year."

**Hawre Moh,**  
second-year  
electronic engineering  
technology



"Bigger hallways because it feels like I'm walking in a high school."

**Asla Skilandzlunas,**  
post-grad  
videography - broadcast  
journalism  
/documentary



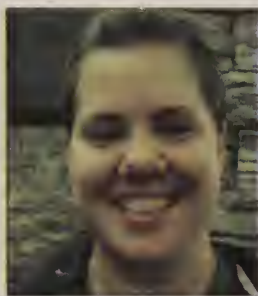
"An arcade because it would just be sweet."

**Leeanna McLean,**  
post-grad  
videography - broadcast  
journalism  
/documentary



"A swimming pool because it would be refreshing and a change from yoga and skating."

**Sarah Boergers,**  
third-year  
graphic design



"Escalators and conveyor belts in the hallways like they have in airports."

**Paul Przydrozny,**  
first-year  
business management



Smile Conestoga, you could be our next respondent!

## It's a sport, we're athletes

As an avid equestrian and equine sport enthusiast, I find it extremely annoying that many people argue that equestrian sport isn't a sport at all. I beg to differ. Equestrians are some of the toughest athletes out there.

There are many different equine sports including jumping, cross-country, endurance, dressage, reining, barrel racing, pole bending, roping, western pleasure, English pleasure, driving, racing, etc.

Unlike hockey, soccer or football, we have to work with a 1,000-pound (453 kilogram) animal who usually doesn't want to work with us. And all we have to protect us when we fall from over a meter and a half in the air going extreme speeds and flying over giant logs is a helmet. One small buck from an unhappy horse can result in a broken spine and one bad fall going over a



**Sara Busse**  
Opinion

cross country jump can result in a snapped neck or back. That's not to mention the danger of just handling a horse. They're flight animals and anything can send them into a frenzy, resulting in people being dragged or trampled.

So far I've been writing about the danger of this sport, but what about the actual work that goes into performing? Hours upon hours are spent to simply teach a horse to move sideways. I personally have thighs of steel from the constant squeezing involved with making my equine partner do what I want. All equestrian athletes

work out. They all have a strict regimen when it comes to conditioning but on top of just working themselves they also need to be sure their horse is in top performance condition as well. Top performers spend more time at the barn than they do sleeping.

Many people think you simply sit on a horse and it does as you want. I laugh at these people. It takes guts and strength to be a rider, and a very good sense of humour when it comes to being thrown off into a pile of mud. We work hard to be in the winners circle, we often don't have team members to count on when things go wrong and we spend years perfecting our training just for 10 minutes in the spotlight.

I'm not saying that equestrian sports are better than any other; I'm just asking that we finally get shown the respect we deserve.

## Get fresh at the farmer's market

By VICTORIA SPRACKLIN

Crowds and lineups are the main cause of stress for a shopper. However, at the Kitchener Market the hustle and bustle just seems natural.

Located in downtown Kitchener on 300 King St. E., this place beats typical grocery shopping, which can be a bore. Two levels and a ton of variety certainly draw in crowds and different vendors. Local butchers, farmers, bakeries and more come down to offer their best products (at great prices, no less). It is, quite literally, one stop shopping. Not only can you get your essentials such as bread, cheese and eggs, you can find some unexpected items as well.

A vendor for hot sauces? You bet it's here. One can even pick up a gorgeous bouquet of flowers.

Since the market is also quite diverse, Egyptian and Arabic vendors offer dishes

such as delicious hummus and baba ganoush. A German bakery is just around the corner that has bread and desserts.

Even the upper level, which holds mostly takeout vendors, is multicultural. Serving just about everything from Caribbean cuisine to Mexican meals, one

worth here.

What beats all these qualities though, is the people you'll meet. Everyone in the market is super friendly, vendors and spenders included. Everyone is served with a warm smile.

Local farmers have every right to boast about how delicious their food is, but they remain humble and kind. And to make the mood even lighter, buskers are around almost every corner. A gentle guitar sound is better than any generic pop song over a loud speaker.

Some may stay true to their local grocery store, but nothing gets more local than the market. Don't let the winter air keep you from coming, either. The Kitchener Market is all indoors!

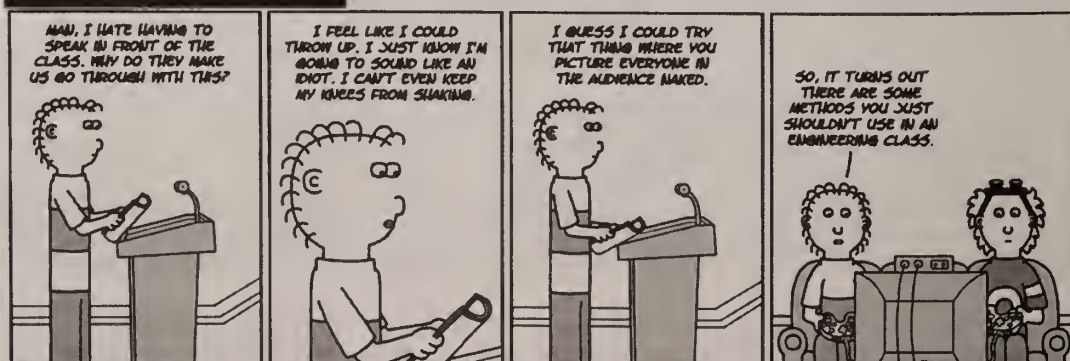
The market hours are Tuesday to Friday 9 a.m.-5 p.m. and Saturday, 7 a.m.-2 p.m. for the Merchant Vendors area. The Farmers Market is open from 7 a.m.-2 p.m. on Saturdays.

**A vendor for hot sauces?  
You bet it's here.**

can definitely fuel up while picking up the week's groceries.

One of the best things about the market has to be the prices. Certainly competitive with local grocery stores, it is even arguable that the products are fresher here too. Who could complain with prices such as \$2 for three bell peppers? Or cheese for under \$4? You absolutely get your money's

### LAST-DITCH EFFORT



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www.4de-online.com



# You can eat healthy at Conestoga cafeterias

## New 'under 3 program' offers food under \$3 and 300 calories

By EMILY GERRETT

With early class times and busy schedules, many students take advantage of the food choices offered at Conestoga's three cafeterias instead of bringing a lunch from home. This is a quick and convenient source for students, and although there are many popular fast food options, there are also many healthy options that can easily be overlooked.

Most students put little thought into the food they will be consuming during the course of the day. Questions about the nutrition value or where the food they are purchasing comes from are lost behind worries over deadlines and course loads. But fortunately, the company behind the food supplied at Conestoga makes providing healthy choices to the students and staff members a main priority.

Chartwells is the company that provides dining for more than 800 schools across Canada, including our very own Conestoga College. It is committed to offering healthy choices in a range of prices that everyone can afford. At Conestoga specifically, there is a new "under 3 program" which offers food choices that are under \$3 and under 300 calories. These include items such as sandwiches, salads and fruit bowls.

The Balanced Choices

Program may not be new, but it consistently has new recipes incorporated into the menu each month.

"We are really trying to promote it because it's a simple way for students to be able to see a Balanced Choice sticker on our On The Go selection or menu signs, and know they're getting a wholesome meal," said Karen Bryant, assistant manager and dietetic technician of Chartwells at Conestoga.

The Balanced Choices program was started three years ago, and was designed to offer healthy food options as well as education about nutrition value. Food items that have the Balanced Program logo are prepared by healthy methods that maintain the food's nutrient content, use the lowest fat options, and contain little or no added salt.

Whenever he can, Jon Erickson, a second-year architectural millwork student, tries to take advantage of these healthy options over the greasy fast food that is available.

"My favourite choice is a turkey wrap on a spinach tortilla," Erickson said. "I especially try to make healthy choices before I have shop class, because I know I'll need a lot of energy; I know a healthier choice will supply me with that energy without the crash that comes with junk food."

Of course, popular items such as pizza and burgers are



PHOTO BY EMILY GERRETT

Students at Conestoga College line up at Sandwich Central in the school's main cafeteria. It offers healthy choices for sandwiches and wraps, including low-fat sauces and fresh vegetable toppings.

also available, but so are healthy sides such as carrot sticks or salad; items that could replace the traditional choice of french fries or onion rings.

There is more to what goes on behind the food than ingredients and how it is prepared; knowing where the food comes from and how it was produced is also important. Chartwells is a socially and environmentally conscious company that uses sustainable practices. This includes recycling cooking oil, composting food waste and the use of recycled paper plates instead of foam plates. Foam take-out containers will also soon be replaced.

Most of the produce and all meat products are purchased locally in Ontario. This means your purchase helps support Ontario farmers and the Ontario economy.

"The benefits of eating locally

produced foods are: reducing our carbon footprint, less time between when food is picked to being on your plate, and a fresher taste," Dixon said.

When you purchase from the cafeteria, not only are you supporting local farmers, you are also supporting the Fair Trade movement.

"Fair Trade was developed to help the producers of products have a better balance of power in trading and gives them the opportunity to improve their lives and decrease poverty," Dixon said.

"It's a powerful way to send the message that we care and we want to make a difference. It ensures decent wages, proper housing and better benefits for the workers."

Chartwells does not approve a supplier that doesn't treat their employees well and have ethical business practices. So when you buy from

### Cafeteria F.Y.I.

■ Quesadillas / fajitas are now being offered every day in the Sanctuary.

■ Coyote Jacks now has a full cash operation to pay where you order.

■ Half portions are available at Sandwich Central and stir-fry counters.

■ The Sanctuary is open until 7 p.m. Monday to Thursday for those staying late.

■ A declining balance gift card is available as an alternative to carrying around cash.

the cafeterias you know you are getting your food from a good source.

"I like knowing that when I buy a product, I'm not supporting a company that takes advantage of its workers; this includes any food I might buy during the day," Erickson said.

For more information about Conestoga's dining options, as well as monthly menus and a nutrition journal, visit [www.dineoncampus.ca/conestoga](http://www.dineoncampus.ca/conestoga).

## ACET networking show comes to Conestoga

By JESSICA-LYNN TABAK

"When I look at the faces in this room, I see talent," said Jim McCabe, a Conestoga building code teacher in the architecture — construction engineering technology program. Standing in the blue room before him were third-year students who had dedicated months of hard work and time toward this day; the architecture and engineering networking show.

On Jan. 26, students showcased their first semester projects of a residence building model for industry representatives to see. Not only were they showcasing their models, they were showcasing themselves. This was their opportunity to get their name and face before industry professionals — and to finally have their dedication pay off.

Representatives walked around the room to examine their work and meet students



PHOTO BY JESSICA-LYNN TABAK

Third-year students, from left, Chris Silva, Ben O'Malley, Dejan Vukelic and Justin Champagne stand in front of their winning model of representatives choice for most professional model at the architecture and engineering networking show.

who could be potential employees.

"Most of our future employees come from Conestoga College," said Steve Hanley, the vice-president of

Ontario's largest open shop general contractors, Melloul Blamey Construction.

Toward the end of the show, the representatives submitted ballots, voting for

the group they thought deserved the industry representative's choice award for the most professional showcase.

Representatives observed how the students

showed the building's functions, flow and visual appeal within their models.

Third-year students, Ben O'Malley, Chris Silva, Dejan Vukelic and Justin Champagne were the winners of the award.

"We put in hours on end into this project and now it's all starting to pay off," said O'Malley.

First and second-year students were also encouraged to introduce themselves to the representatives and define themselves as professional students with a drive to be apart of the field.

"Realistically, everyone will some day hand in a resume," said second-year architecture and engineering student, Corey Lasso. "But in order to get a job you need to get your name and face out there. The representatives come to see the training involved, but also the drive that we have to become their future employees."



# Long-awaited changes get green light

By THOMAS PARENT

Ontario students can take a load off. The Minister of Training, John Milloy, has announced an initiative to help prospective college and university students transfer course credits and apply for OSAP earlier and more effectively. For college students, this is good news, but frankly, it's about damn time.

Milloy said in an interview that the government is committed to ensuring every qualified Ontarian who wants to go to college or university will find a place and they will continue to invest in student aid and to make it easier for students to get the financial help they need. That's all well and good, but it begs the question, why now?

We have watched on countless occasions students scramble to transfer credits, get tripped up over paperwork and applications, and at the 11th hour, decide to attend another 45 hours of classes just to get an elective. Some of these fly the banner of "bird courses."

Sure it's easy to sit in a classroom, take more notes and ace another test, but why would students waste that time when they could be looking for a job, or buffing up their resumes. It's 2011, why has it taken so long to put these exemplary services into place?

There are thousands of other students who struggle daily with trying to decide what to do with their life, where they want to do it and how. Services like these should have been available 10 years ago. So thanks, we appreciate it.

It's about damn time.

*The views herein represent the position of the newspaper, not necessarily the author.*

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

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Friction in the Middle East heads further east

## Get politically informed now

It's starting to look a lot like an election year.

I know, I know, they've been saying this every year for the last five years of Stephen Harper's reign in Ottawa, but this year even the Conservatives are mulling rolling the dice to try and get a majority government, and this means people who want to be responsible citizens have to start getting informed now.

**I've talked with people who didn't know Harper was the prime minister.**

Too often I hear people talk about how they voted in an election, and at the same time seem proud of the fact that they haven't been following the political news.

I've talked with people who didn't know Harper was the prime minister. Thankfully, people on this extreme don't usually choose to exercise their right to vote.

Still, if there is going to be



Paul  
Irvine  
Opinion

a spring election, now is the time to start getting informed so your vote can matter. It doesn't actually take that much effort to start keeping on top of things.

Start reading the newspaper, watch Canadian news channels. Pay attention. A democracy like Canada's needs its citizens to be informed to function properly. Your vote is your only real chance to have any say in how Canada is governed.

It's important to start the process now, so you can see what the politicians are doing when they aren't in full election mode. You can't really trust them to tell the truth once the election is in full swing. Too many people only start paying attention at that point, voting based on what the politician says and

does when they know they are being watched.

A lot of people say that you have a civic duty to vote. That is not strictly true, since if you haven't been keeping up on the news, and you refuse to do so, your vote is random.

No, strike that. Your uninformed vote is worse than random, because it counteracts a vote being done by someone who has actually been paying attention.

But thankfully, you still have time to see what the politicians are actually like, what the issues are and get to know the parties stances on those issues.

When you're informed, if an election is called, you'll feel better for it. You'll be proud of the fact that you are lucky enough to live in a country where you can participate in the selection of government without having to throw rocks, as is happening in several countries around the world.

And if you aren't an active, participating citizen in that, what is the point of having it at all?

## SPOKE

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# Are 100-Calorie snacks weighing you down?

Snacks are low-calorie versions of the original, but they aren't healthier

BY COURTNEY NIXON

One of the most important decisions people make about food is how much to eat. Many people struggle with portion sizes, eating portions that are too large which contributes to weight gain.

However, what if the labels on favourite snacks indicate they are good for you to eat because they are not that high in calories?

Kraft first introduced 100-calorie packs in 2004. By 2007, sales of these products surpassed \$200 million,

according to The New York Times in a July 7, 2007 article.

"I think that the snacks are a great substitute if you are trying to eat better but still want your favorite snack, but in moderation," said first-year journalism-print student Sarah Shaw.

Chips, cookies and candy bars are among the foods featured in 100-calorie packs. Popular brands such as Pringles, Doritos, Goldfish, Hostess Cupcakes, Chips Ahoy, Pop-Secret, Nutter Butter and Oreo are among

those offered mini snack packs.

"The 100-calorie snacks help people with portion sizes but they aren't the 'healthiest' choice," said personal trainer Tasha Ceaser from the Durham Activity Centre. She said people believe that the smaller the calorie intake the more they can eat of it, which isn't healthy.

Also, people on a diet actually eat more food when it is offered in small packages concluded a group of researchers from the University of Kentucky in an October 2008 issue of the Journal of Consumer Research.

In four separate experiments, participants expressed a lack of self-control when faced with small packs.

They also perceived 100-calorie packs as diet foods and ended up consuming more calories because they felt it was more effective.

"I definitely think that people eat more than just one because it feels like you're not eating as much; I think that they are a good idea if you have the willpower to just eat one," said Shaw.

Surprisingly, fresh fruits are 100 calories or fewer per piece and less expensive than

100-calorie packs.

Fruit is also the ultimate brain fuel. It has a positive effect on our brain and makes you recall information easier and faster.

"Snacks should be the perfect opportunity to fit in a serving of fruit, vegetables or dairy in a yogurt, because many fruits are portable too.

And just like the snack packs they don't need to be refrigerated or any special packaging," said Ceaser. "They are cheaper than the packs and are a perfectly portioned size just as much as the snack packs."

Many of the snacks are low-calorie versions of the original and may not satisfy your cravings. Fruit, dairy or whole grains may make more nourishing and filling snack options for your diet plan.

"Anything that comes from nature is better for the body than something that man makes and calls food," said Ceaser.

You are better off eating whole, natural foods such as fruits, vegetables, whole grains and low-fat dairy as opposed to 100-calorie snacks. These options provide more nutrition, fiber and less sodium. In reality, these packs

average two-and-a-half times the cost of the same snacks in larger packages reports the Center for Science in the Public Interest.

"The more salt and fat we eat, the more we crave it, which means people are going to be drawn to them more," said Ceaser.

We only need a very small amount of salt in our diet - for teenagers and adults the most we should eat is about a teaspoon a day. These days it is very easy to find salty foods, and many of us eat far more salt than is healthy for us. About 75 per cent of the salt we eat comes in processed foods.

Realistically you can still satisfy your craving for junk food by indulging in a small serving of the real thing. So, eat two Oreos which contain 160 calories or 1 oz. of Doritos which is 140 calories.

Healthy eating mixed with regular physical activity will help prevent obesity and reduce the risk of chronic diseases such as cancer, obesity, heart diseases, high blood pressure and osteoporosis.

"As soon as you make the decision to eat healthier, and kick those cravings, the easier it is to choose a healthier snack," said Ceaser.

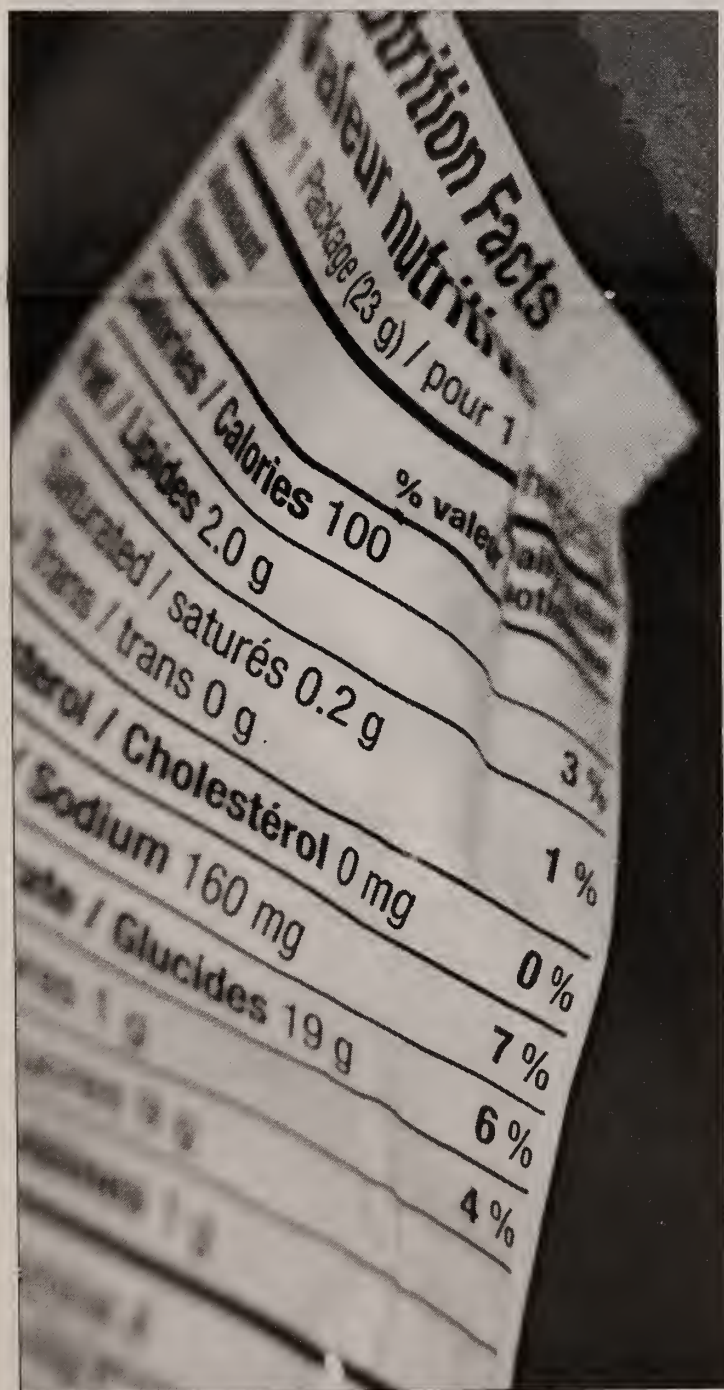


PHOTO BY COURTNEY NIXON

Kraft first introduced 100-calorie packs in 2004. Since then popular brands such as Pringles, Doritos, Goldfish and Chips Ahoy are among those offered in mini snack packs.



PHOTO BY COURTNEY NIXON

Chips, cookies and candy bars are among the foods featured in 100-calorie packs.



# Fun ways to stay healthy and fit

By ERIN FARRAR

It's often difficult for students to stick to workout routines and healthy eating habits. However, there are many little things that can be done that can benefit your body and many of these things can be a lot of fun.

An easy way to begin the day with a healthy routine is to take a multivitamin. Many people, especially students who have erratic eating habits, do not get all the vitamins and nutrients their bodies need. Taking a good multivitamin everyday is a great way to feed your body some of those nutrients it may be lacking. Seeing a naturopathic doctor is an excellent way of finding out what specific things your body needs as they have an initial hour-long appointment where they study a person's eating habits and daily routines. They then prescribe the supplements



PHOTO BY ERIN FARRAR

There are many different vitamins and multivitamins that can be used to support a healthy body

accordingly and will give you tips on how to change your daily routine for the better.

One bad habit students often fall into is drinking way too many sugary drinks. This could sprout from many things including that intense sugar craving, or the fact that pop, Gatorade and other sugary fixes are the only types of beverages available. Just by cutting out these

sugar-filled drinks and replacing them with water, you will feel more energetic, focused and will definitely notice the difference along your jean line.

The recreation centre at Conestoga has a great gym with many different pieces of equipment to be used to tackle your various muscle groups. It's available for students to use between the hours of 7

a.m. and 11 p.m. during the school week.

"It's been said to do weightlifting and cardio activities at least three days a week. It's best to be sweating 30 minutes a day," said third-year civil engineering student and frequent gym-goer Matt Hutter. "This will keep your energy levels at their highest and your endorphins will be elevated all the time so you will be happier."

In addition to the gym, the recreation centre offers a number of fun fitness classes including Pilates, kickboxing, abs and glutes, MMA training for beginners and

more. Conestoga's website offers further information about the scheduled classes.

"Yoga and Pilates are great things to do on a daily basis," said yoga instructor Sheri Lawson. "Not only is it relaxing, but you build muscle tone and gain flexibility while also clearing your mind."

Another simple thing that can be done is to add a daily walk or run to your routine. Walking is a great way to exercise and running burns off even more calories.

Living a healthy lifestyle can start with only a few simple changes.

## Attention all Conestoga snow lovers!

By ASHLEY IDLE

A fresh layer of snow covers the hilltop; it's the first run of the day.

If that sounds like paradise, it might be time to check out the Conestoga Snow Club.

The organization started this winter with two main goals: to have members meet like-minded people who have a passion for snow sports and to have fun.

Kristina Hutchinson, president of the club, said she was excited to get the group up and running. "There is a ton of interest for winter sports on campus. At the Get Involved Fair in the fall alone we had over 70 people visit our booth."

Hutchinson found at the Get Involved Fair that there was an active interest in snowboarding, skiing, snow blading and other winter sports on campus, but not always the opportunity for these snow fans to get out on the slopes. She decided that a snow club would work to get those people out on the hills as often as possible. "We can already see that it has a lot of potential ... The limits of the club are endless, whether it be filling up cars and vans to carpool to the hills or emptying some pockets for cash for a bus, we will get you there."

The Snow Club caters to all ability levels, from never having touched equipment before to advanced enthusiasts. "We had a member come out for her first time. She took a group lesson and did very well through the day."

On Jan. 24, the club had its first outing to Blue Mountain, and it was a great success, according to Hutchinson. The conditions were good, and everyone enjoyed themselves. She hopes to see the next events go as well.

Caitlin Pattison, vice-president of the Snow Club, is also excited about the new group. "The more members we get, the better the deals and trips will be, so we need students to join."

Currently, there are planned evening trips to Chicopee in Kitchener, Glen Eden in Milton, Ont. and Blue Mountain for the month of February.

Hutchinson urges people to come out to the Snow Club's meeting on Feb. 9 at noon in the Sanctuary. There is a \$20 fee for the club, but the membership card you receive entitles you to attend club trips and get membership deals at the Meltdown snowboard shop in Kitchener.

"I wanted to find a way to incorporate what I love, snowboarding, into my school," said Pattison.

Hutchinson said, "It's important for students to get involved on campus as a way to enjoy campus life on and off the hill. It's a great way to meet new people that share the same passion and also a great way to learn a thing or two from the crew."

For more information, email [conestogasnowclub@hotmail.com](mailto:conestogasnowclub@hotmail.com). Please email from your personal account.



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## WANTED: ELECTRONIC TECHNICIANS

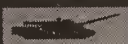
"Working in a grey office, that wasn't for me. Here, in the Navy, I have been well trained and I work on state-of-the-art equipment. Believe me, the only thing grey about this job is the colour of the ship."

Ordinary Seaman **ZACK ARTE**

## RECHERCHONS: TECHNICIENS EN ÉLECTRONIQUE

« La grisaille de la vie de bureau, c'était vraiment pas pour moi. Dans la Marine, j'ai été bien formé et je travaille avec l'équipement le plus avancé. Je peux vous assurer que la seule chose qui est grise dans mon métier, c'est la couleur du bateau. »

Matelot de 3<sup>e</sup> classe **ZACK ARTE**



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# New credit transfer system will be in place for September

*'We want to ... extend pathways for students:' Charlebois*

By NATHAN RIENSTRA

Starting in September, a new credit transfer system will be implemented across Ontario, saving college and university students a lot of time, hassle and money.

The credit transfer system will reduce the need for students to repeat similar courses or years at different institutions and will be accompanied by a new Credit Transfer Innovation Fund to help colleges and universities develop more credit transfer options for students.

The government is providing \$73.7 million over five years to support these developments.

According to Elizabeth Witmer, Kitchener-Waterloo MPP and Official Opposition Critic for Education and

Women's Issues, an increasing number of post-secondary students in Ontario are transferring from colleges to universities or vice versa.

"A study done by Carleton University revealed that nearly 50 per cent of students do not finish their post-secondary education at the institution where they started," she said, adding that students are now recognizing that perhaps a combination of both college and university educations may prove to be more beneficial in the long run.

According to Tyler Charlebois, spokesperson to Kitchener Centre MPP and Minister of Training, Colleges and Universities John Milloy, "Ontario needs a highly skilled, flexible workforce that is able to adapt rapidly to changing

employment conditions, and to compete in the innovation economy."

Witmer said after years of operating under what has sometimes been referred to as the "silo model" of education — an education model which has been known to prevent a lot of teachers and students from being aware of some of the more effective teaching methods used outside their institutions — Ontario's colleges and universities will finally experience the changes the government has recently decided to implement. The changes come after seven years of requests made by organizations such as Colleges Ontario, the Council of Ontario Universities and the Higher Education Quality Council of Ontario.

"Things have changed,"

said Witmer, "(and) our society and economy is now interconnected and requires a great deal of co-operation and co-ordination."

Charlebois said the new credit transfer system will address two main concerns from students: that they don't know what their options are or where they can go for help, and that their existing education agreements aren't enough in Ontario's rapidly expanding and evolving post-secondary system.

"(Although) there are about 500 individual credit transfer agreements in place now ... these tend to be very localized and specific, so we want to streamline the current system and expand pathways for students," he said. "A province-wide credit transfer system will reduce costs for students and

increase opportunities for students to transfer between institutions and programs."

Charlebois added that the majority of the long-term economic and financial benefit of the upcoming credit transfer system will accrue directly to individuals and general economic growth. He said students will be able to enter the workforce faster and save money for themselves, their families and their taxpayers.

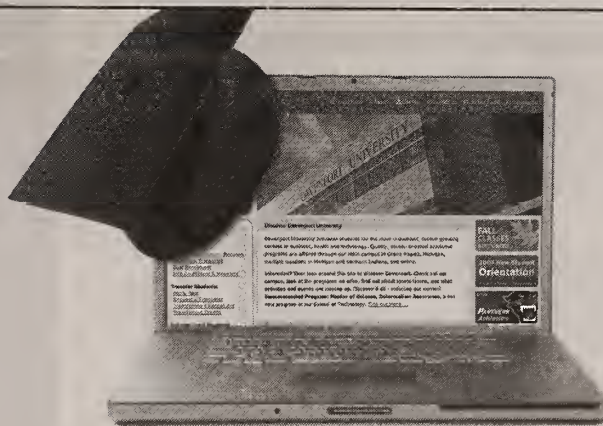
In addition, Witmer believes everyone will benefit from this new credit transfer system.

"Joint programs, transfer agreements and greater ease when switching between the two systems (college and university) will serve to make higher education more responsive to Ontario's need," she said.

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# Lovely V-day suggestions

By AMANDA BAINES

Valentine's Day can be a stressful time of year. Planning the perfect event for that special someone can be quite worrisome. A romantic dinner, however, is always a great choice.

The African Lion Safari offers dinner and dancing on Feb. 12 at the Mombasa Market Restaurant. An evening of fun and music, with an all-you-can-eat buffet, awaits romantic couples.

There is always a twist, however, and this romantic sunset dinner is no different.

A grisly murder has taken place, and it is up to the guests to solve the horrific crime.

"I never know what to do for Valentine's Day," said Kitchener resident David

Archer. "Having something planned for me is a real lifesaver."

Tickets are available at [www.classiccatering.ca/murder-mystery-show-and-dance](http://www.classiccatering.ca/murder-mystery-show-and-dance) for \$55.03 including taxes, and the doors open at 5:30 Saturday evening.

## Fun for the kids

Finding a sitter on Valentine's Day can be a nightmare. Everyone you rely on has plans with their sweetheart, and babysitting isn't one of them.

Spending a romantic evening alone is something many parents only dream of; the children must come first.

Single mother of three Jessica Corbin misses the

quiet evenings.

"Going out with the girls, just relaxing on my own, it just doesn't happen anymore," said Corbin.

"I would love a chance to let the kids go for the evening so I can just chill."

Bingemans FunworX offers just that opportunity.

On Feb. 12, parents are invited to drop off their children, ages four to 12, for an evening of fun and games, for only \$25.95 per child, before taxes.

Children can be dropped off as early as 4 p.m. and can be picked up as late as midnight, allowing mom and dad a chance to relax and celebrate the romantic holiday.

"It's almost like a dream come true," said Corbin. "I can't wait to curl up with a glass of wine and a good book."

# Carnival benefits Big Brothers/Sisters

By BRANDON REOCH

Students from Conestoga's recreation and leisure services program will be teaming up with Student Life to put their fundraising skills to the test.

The fundraising event, which is called Cultural Carnival, will feature games and activities with a cultural aspect with proceeds going to Big Brothers and Big Sisters of Waterloo Region. The event takes place tomorrow and will run from 11 a.m. to 1 p.m. in the atrium.

"The event allows our class to implement the skills we have learned and at the same time, help out a great cause. It's a win-win," said the fundraiser organizer and

recreation and leisure student Catherine Sauder.

One of the courses students of the program take is called revenue generation which teaches the students various aspects of fundraising. The biggest project of the term is Cultural Carnival.

Some of the activities and games are a toonie toss, busking, jelly bean count and a silent auction.

There is no set goal amount when it comes to proceeds as anything will be accepted.

"Our class is excited to fundraise for Big Brothers and Big Sisters. We are relying on support from our community, students and faculty to make a difference," said Sauder.

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 **Earth Day**  
CANADA





## HOROSCOPE

Week of February 7, 2011




### Aries

March 21 -  
April 19

You will find fame as an R&B singer, at least for a week. After that, you'll lose everything in Vegas.



### Libra

September 23 -  
October 22

Try to encourage people around you to do wacky things this week. It'll save you from the embarrassment of leaving your fly down all week long.



### Taurus

April 20 - May 20

Your phone will ring incessantly with prank calls asking if you have Prince Albert in a can. The funny thing is that you actually do ... you had better let him out!



### Scorpio

October 23 -  
November 21

You will take out a billboard advertising your new investigation service. Your first client will ask you to find the Jade Macguffin.



### Gemini

May 21 - June 21


This week, you'll make the world's longest chain of paper clips, but your brilliant addition to the human condition will go sadly unacknowledged.



### Sagittarius

November 22 -  
December 21

Remember when you spent your vacation in Thailand? Start deleting the photos you took. People are looking for you.



### Cancer

June 22 - July 22

This week you will get into a street fight with a man dressed in a red military uniform and a cape. When you win, your life will be recapped.



### Capricorn

December 22 -  
January 19


This week you will walk into walls constantly. You will wonder how this is possible, until you remember that you angered the contractors union.



### Leo

July 23 - August 22


Your lifetime collection of pennies will come in handy this week when you are attacked by zombies whose only weakness is copper in circular form.



### Aquarius

January 20 -  
February 18

Take a second this week to appreciate the fact that you aren't being mauled by bears. The rest of life will seem so much better after.



### Virgo

August 23 -  
September 22


Your headache will turn out to actually be the fault of an alien implant placed during your abduction experience years ago. No one will care, or listen. Sorry!



### Pisces

February 19 -  
March 20

Your engineering classes will come in handy when it becomes necessary to build a tank out of two rolls of wires and a pack of bubble gum.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

# Cut a rug with dance

By **CASSANDRA BOURGEOIS**

Eat your heart out Dance Dance Revolution. There's a new dance game in town. Dance Central is an active dance game that uses your whole body. It was released, with the Kinect system for the Xbox, in November.

The Kinect is the next generation of gaming, losing controllers in favour of a motion-controlled camera that allows your body to be the controller.

Dance Central gets players performing sweet dance moves, tracking the movements of each body part to determine a score. Unlike Dance Dance Revolution, Dance Central makes you feel

like you're actually dancing, and could even teach you a few moves to take to the club.

With a good mix of popular songs and characters to play with, Dance Central is suitable for everyone from your mother to your brother. That is, if you can convince him guys are allowed to play dance games. Dance battles make it a fun game to play with friends, and a camera that captures your freestyle moves is good for a laugh.

I was disappointed that Dance Central didn't come up with a way for you to make your own characters, like you would in Rock Band, but you can choose one of the obnoxious characters they provide and unlock a second outfit for

it.

The game has a lot of choreography made just for it, but some of the songs use choreography from the music videos, making you feel like you really are the star.

A fitness section tracks how many calories you've burned while you've been busting a move, but even without a calorie count Dance Central provides a great, and fun, cardio workout.

The Xbox Kinect has the potential to come out with a lot of great games, and Dance Central was the perfect choice to be one of the first.

I give it a nine out of 10 and eagerly hope for a sequel with more songs and dances that appeal to everyone.

## Come into Harmony

By **ROBERT CONTE**

Tucked away in uptown Waterloo, Harmony Lunch is a small diner that has survived the Great Depression, a fire and the advent of fast food. The restaurant turns 80 this year, an astounding feat considering most businesses today are lucky to make it to five. The little restaurant that could still stands as a testament to home cooking and a friendly atmosphere.

The diner is located on 90 King St. N. The food is nothing less than superb. Whether you fancy a bowl of chili and a couple pieces of texas toast, a hot beef sandwich smothered in gravy or a piece of fried fish and a side of chips, there is something for all palates. Daily specials keep things fresh and the meals are affordable.

Service is friendly and fast. The staff treats its customers like close friends and the atmosphere is warm and reminiscent of grandma's kitchen. The place, though often bustling, stays tranquil and serves as an escape from the hectic outside world. According to the late founder Harry Marks on the diner's website, the restaurant remains unchanged despite a changing world and a growing fast-food industry.

"The more hamburger joints they build the busier I get," he once said. "That's the truth. I'm not lying."

If nothing else, go for a slice of homemade pie. The delicious desserts are made daily.

Don't feel too bad for indulging.

"You've got to live happy to live long," Marks used to say.

## Career Events this week

Wednesday, February 9

**Employer Showcase – Service Canada**

10 a.m. – 3 p.m.

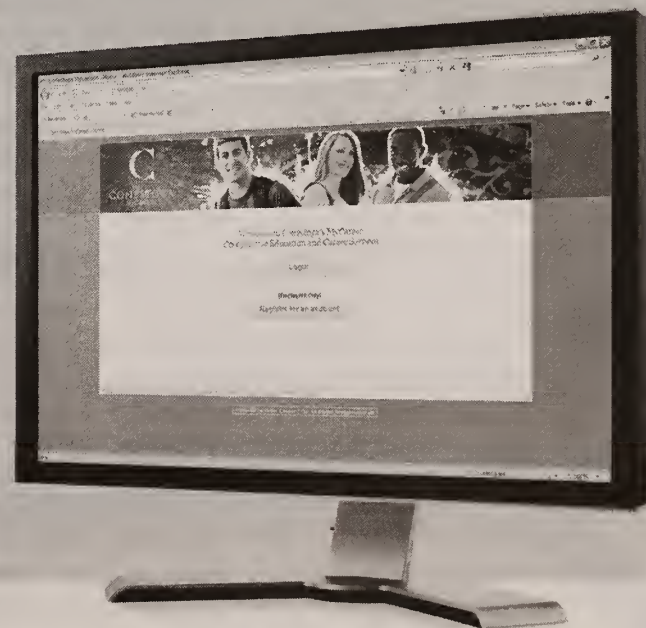
Doon Campus: Inside Door #3

Registration is not required.

Don't miss the Student Ambassador from Service Canada.

### Upcoming Clinics

Watch the MyCareer Event Calendar for details about upcoming clinics in preparation for the March 9th On-Campus Job Fair.



Login to **MyCareer** to register for resume workshops, events and more.

(From the Student Portal, click on the "Services" tab)



**CONESTOGA**  
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CAREER SERVICES**



# Reality check for reality TV

When I was 16, I enjoyed the simple things. Riding my bike to the store with my best friend for a Popsicle in the summer heat, sleepovers, board games and collecting Ty Beanie Babies were just some of the things I enjoyed most.

But now, more than ever, 16-year-olds are ditching the Beanie Babies to make their own babies. And people are blaming MTV.

The station's show 16 and Pregnant has a whopping 2.8 million viewers and producers are now searching for



Jessica-Lynn  
Tabak  
Opinion

new cast members for season two.

In an article in the online magazine, The Week, it was reported that girls are purposely getting pregnant to have the chance of auditioning for the show.

MTV's reasons of airing 16

and Pregnant was to show the cold reality of teen pregnancy. They wanted other teenagers to know about the hardships these girls face day-to-day with balancing their social life, school, work and the hardest job of all — motherhood.

But it all backfired.

Teen moms from the first season are being glamorized. I have seen them as new cover girls on magazines such as Us Weekly and People, looking gorgeous and holding the most adorable babies. But what message

does that send?

First of all, I think it's wrong to put the blame on MTV because they had good intentions.

There's nothing they can do about the way people think or the way a girl looks at a celebrity on a magazine cover. The publicists and viewing audience are to blame.

When I watched this show, my honest thought was "thank God that isn't me." From my point of view, MTV accomplished what they wanted. I couldn't imagine

my life if I were to bring a child into the world.


I've developed the highest respect for the teen mothers that have taken care of their child with unconditional love.

But to the girls who are having their baby for the sole purpose of being on the show to be obsessively documented:

1. You need to seriously be educated.

2. You better have a stocked bank account.

3. Your parents should ground you from viewing the TV for awhile.



## celebrating cultural Diversity Week

**FEBRUARY 7-11 AT DOON CAMPUS**

**ALL WEEK ON CAMPUS**

Visit the campus service areas for ideas on how **you** can celebrate cultural diversity!

- ☉ International Education Office
- ☉ Library Resource Centre
- ☉ Safety & Security Services
- ☉ Main Cafeteria

- ☉ Conestoga Students Inc.
- ☉ Learning Commons
- ☉ Co-op & Career Services

- ☉ Bookstore
- ☉ Residence
- ☉ Student Life

**WHAT'S HAPPENING IN THE STUDENT LIFE CENTRE**

**MONDAY**

**Henna Tattoos!** 11am - 1pm

☉ Hosted by the South Asian Students Association

**Cultural Displays!** 1pm - 2pm

☉ Hosted by the English Language Studies Program

**TUESDAY**

**Cultural Carnival Fundraiser!** 11am - 1pm

☉ Supporting Big Brothers/Big Sisters of Waterloo Region, check out the Recreation & Leisure Service program's fundraiser, featuring diverse games and activities

**Henna Tattoos!** 11am - 1pm

☉ Hosted by the South Asian Students Association

**Cultural Displays!** 1pm - 2pm

☉ Hosted by the English Language Studies Program

**WEDNESDAY**

**Cultural Displays!** 11am - 12pm

☉ Hosted by the English Language Studies Program

**Multicultural Fashion Show & Performances in the Atrium!** 12:15pm - 1pm

☉ Hosted by Student Life, CSI SWAT Team, Afghan Students Association & South Asian Students Association

**THURSDAY**

**Cultural Displays!** 10am - 11am

☉ Hosted by the English Language Studies Program

**FRIDAY**

**Multicultural Sandwich Board Displays!** 9am-11am

☉ Hosted by the Human Service Foundations Program

**Aspect of World Cultures Displays!** 11am-1pm

☉ Hosted by the Liberal Studies "Multiculturalism" Course

Hosted in partnership with

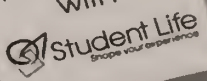




PHOTO BY LISA OLSEN

Spuddy the potato and John Neufeld, executive director of the House of Friendship, raised money and potatoes for people in need at the Kitchener Auditorium on Jan. 28.

## A spud-raiser for those in need

By LISA OLSEN

The 14th annual February Potato Blitz is underway, an event raising money and gathering potatoes for the House of Friendship.

The month-long fundraiser was launched on Jan. 28 at the Kitchener Auditorium, with volunteers collecting potatoes and cash donations before the Kitchener Rangers' hockey game.

Supporting over 42,000 people annually in different programs, the House of Friendship will deliver, distribute and serve the potatoes to those in need, through emergency food hampers and hot meals.

"The idea behind it is, I mean we're having fun with it, but it's to bring attention to the food insecurity in our community," said John Neufeld, executive director of the organization.

"It's such a worthwhile organization," said Shelley Holmes, a long-time volunteer with the organization. She

said that February's potato donations are gone by May. The money raised during the event assists in covering the cost of purchasing more from a local farmer.

Including financial donations, the fundraiser raised the equivalent of 113,398 kilograms (250,000 pounds) of potatoes in 2010.

"I'm just so overwhelmed with the community response, it's so great," Holmes said.

And they're hoping that this year they can do more, by encouraging local groups, schools and businesses to host events of their own.

On Saturday, Feb. 12, volunteers from local churches will be stationed at supermarkets around the region looking for potatoes; there's a community potato lunch on Feb. 25 at St. Andrew's Presbyterian Church in Kitchener from 12 to 1 p.m., or donations can be dropped off in person at the House of Friendship, 51 Charles St. E., Kitchener.

For more information visit [www.houseoffriendship.org](http://www.houseoffriendship.org).



# Conestoga's resident advisers host root beer pong for students

By BRITTNEY BELANGER

Although classes were out and books had been put away for the day, students in Conestoga residence had a little more on their minds than an evening snack.

On Wednesday night on Jan. 26th at 7 p.m. Conestoga's resident advisers hosted root beer pong for students in the lobby. All competitors were given Conestoga T-shirts, the colour of their

choice.

Two people from each group stepped forward to play their best against their opponents. With ping pong balls in hand, students and RAs bounced the balls on a table, attempting to get them into a cup.

Those who didn't participate in the game, had been cheered on the teams. Everyone seemed to be in spirit of the game, sharing tips on how to improve their

game. At the end of each match, players of each team shook hands to congratulate each other.

"We were determined to win and had lots of fun playing against the other team," said winning team member Peter Lyon, a first-year wood working and technology architecture student.

"I felt the pressure and the adversity to win the game," added fellow student Mark Wilson.



PHOTOS BY BRITTNEY BELANGER

On Jan. 26, Cara Camacho, a second-year nursing student, Mark Wilson, a first-year woodworking and technology student, Laura Cereidnus, a second-year business marketing student, and Peter Lyon, a first-year architect student, participated in a game of root beer pong at residence.

## COUNSELLOR'S CORNER: Eating Disorders

Did you know that one out of every hundred women might become **anorexic**? Estimates of the frequency of **bulimia** vary from five to twenty out of one hundred college-age women. Men can also develop eating disorders.

**Anorexia nervosa** is characterized by an all-consuming fear of "getting fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Dieting can gradually lead to a loss exceeding 25% of original weight. Serious health issues such as cessation of menstruation, malnutrition and lowered heart rate occur. Some starve themselves to death.

**Bulimia** is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. This extremely debilitating pattern can, in more extreme cases, absorb nearly all of a person's time, energy and money, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

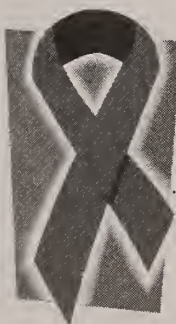
An important first step in overcoming an Eating Disorder is for the individual to acknowledge that a problem exists. Medical and psychological help is available in this community. Talk to a counsellor in Counselling Services or the nurse in the Health Services Office. One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

EATING DISORDERS AWARENESS WEEK – February 6-12, 2011

Counselling Services is organizing a display table at Door #4 Monday to Thursday.

Celebrating our Natural Sizes!

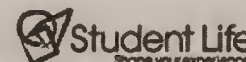
A Message from Counselling Services, 1A101.



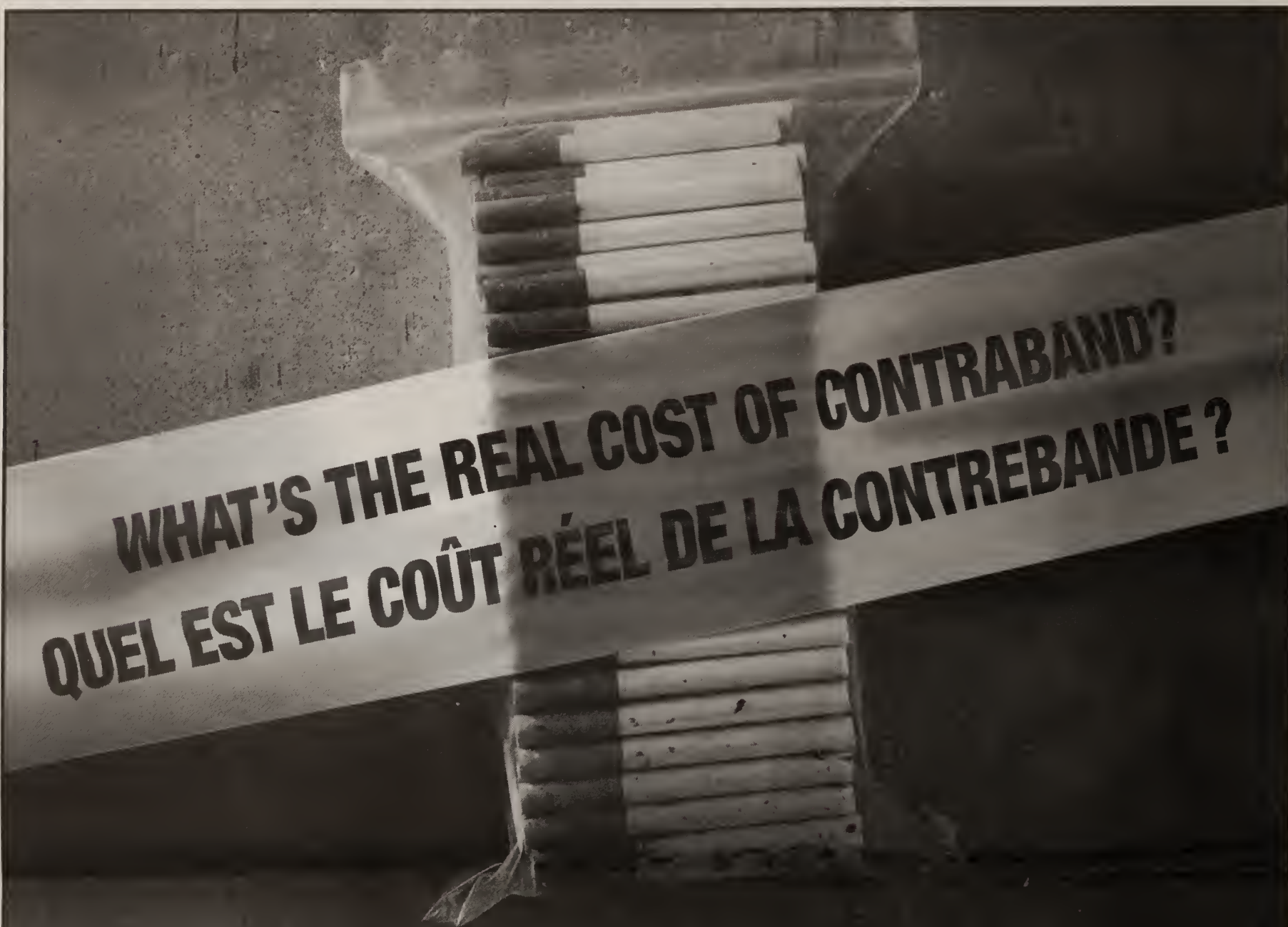
Conestoga is a place where we feel accepted.

We are glad to be part of a community that respects everyone's differences.

Thank You for Being the Difference







Buying contraband cigarettes costs more than you think. It fuels other criminal activities, such as the trafficking of drugs and guns. Individuals caught in possession of contraband cigarettes face serious consequences ranging from a fine to jail time.

**[contrabandconsequences.gc.ca](http://contrabandconsequences.gc.ca)**

L'achat de cigarettes de contrebande coûte plus cher qu'on le pense : il alimente d'autres activités criminelles comme le trafic d'armes et de drogues. Les individus pris en possession de cigarettes de contrebande s'exposent à de graves conséquences, allant de l'amende jusqu'à l'emprisonnement.

**[consequencesdelacontrebande.gc.ca](http://consequencesdelacontrebande.gc.ca)**



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# It's a 'Superbowlitis' pandemic

## Millions of employees call in sick on the Monday

By RYAN YOUNG

The Super Bowl has been completed, but there's a good chance that if you were one of the over 100 million expected viewers you're still feeling a little rough. Sure, the players will have bumps and bruises from the physical play on the field, but what about the average Joe who knows how to celebrate "Super Sunday" appropriately? Taking a hit from Green Bay linebacker Clay Matthews is one thing, but a full day of inordinate amounts of food, drinking and passionate cheering? That takes a toll

on anybody.

And it has.

SuperBowlitis afflicts millions of workers every year. Scientists are working feverishly to find a cure as the Super Bowl seems to cause a 24-hour sickness that keeps fans from being able to attend work the day after the big game. Employers are left with empty offices and studies have shown the brave souls who manage to avoid the illness are half as productive as on regular work days.

So what can be done to combat this ever-growing epidemic?

The solution seems pretty obvious; make the Monday following the game a holiday and allow people the 24-hour window it takes to recover from their Super Bowl festivities (symptoms could last longer depending on wagers). While this answer would appear ideal on the surface, the fact of the matter is that there are already nine public holidays in Ontario, more than enough. That being said, I've figured out a way that we could have our cake and eat it too.

Feb. 18, 2008 was the date of the first Family Day, the brain child of Ontario

Premier Dalton McGuinty. If you're anything like me, you're still pondering the actual relevance of Family Day. Do we really need to be assigned a specific day to spend time with those closest to us? Probably, but that's what Thanksgiving and Christmas are for.

Family Day has been celebrated on the third Monday of February since its inception, and therein lies the answer. Instead of having to call in sick to work, why not simply have Family Day the day after the Super Bowl and have the holiday when

people would actually appreciate it? Not only would this solve the problem of companies having no employees show up, moving the date would increase the chance of families spending the day together (daylight can cause severe migraines to those suffering from SuperBowlitis).

We will probably never find a cure for SuperBowlitis, so we might as well do what we can to contain it.

Please Mr. McGuinty, change Family Day to when it should be, Super Bowl Monday.

## Rocky wins by first round knockout!

By MARCUS MATTHEW

We all go to the theatre and watch movies - whether you're out on a date, having a bromance with a buddy or just want to see that over-hyped blockbuster everyone's been raving about.

Some of us prefer comedies that are beyond stupid like Superbad, action-packed thrillers that have us on the edge of our seat or maybe even chick flicks that will make us shed a tear. Don't deny it; I think we all needed a tissue after watching A Walk to Remember with Mandy Moore.

Sure, I'd say I enjoy every genre out there. But nothing, and I mean nothing, compares to a good sports movie.

Now, I could go on about a list of my top 10 sports movies which would include Happy Gilmore, Remember the Titans, Space Jam, The Mighty Ducks and, of course, Martin Scorsese's classical tale Raging Bull, featuring vintage Robert De Niro. Honestly, I have a list of about 50 but the fact is no movie or trilogy has ever even come close to Rocky.

I remember in Grade 12 my film studies teacher ripped up Rocky. I was pissed off. Is this dude seriously going to diss Sylvester Stallone and his masterpiece?

Let me put this in perspective for you. I like Rocky more than a raging hormonal teenage girl likes Justin Bieber or that stupid disgrace of a movie called Twilight.

Now back to a classic trilogy that started in 1976. The sim-

ple story plot is about a small time boxer living in a beat down Philadelphia apartment trying to earn respect and be somebody.

Rocky had everything. It was funny, engaging and not overly dramatic. Except, of course, the one montage scene in Rocky III when Balboa is training, with the song Hearts on Fire playing in the background. After Rocky runs up the mountain he yells out "Draagoo!" It was a classic, not to mention inspiring, moment.

I praise the dialog of the film and its many brilliant quotes such as "You're gonna eat lightning and crap thunder."

The tone and atmosphere was perfect, and the soundtrack is simply amazing. I enjoyed the setting and subplots and I loved the fact that the acting didn't seem forced or glamorous. Nowadays, I think it's a lost art. Want an example? Try Miley Cyrus in The Last Song. Sweetie, please stick with Hannah Montana.

I know that when I'm 50 years old, I'm going to bust out the trilogy and watch it with my grandkids. And if they don't like it, I'm going to smack them upside the head like Rocky did to Apollo Creed; because this is a classic. This is what movie-making is all about.

So, if my favourite movie is going toe to toe in the ring for the heavyweight movie title against a film like Avatar, you know the one with those blue Smurfs, I'd have to say Rocky wins by a bloody first round knockout.



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# POLAR PLUNGE

2011

IN SUPPORT OF UNITED WAY  
THURSDAY FEBRUARY 10<sup>TH</sup>  
BACK POND AT NOON

VISIT THE CSI OFFICE, IN ROOM 2A106 TO TAKE THE  
PLUNGE

PRIZES FOR BEST COSTUME, MOST MONEY RAISED  
AND MOST CREATIVE JUMP